

Allergy Free Breakfast

Includes vision and physical accessibility notes

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This book is a work of fiction. All events, people, and places portrayed are a work of fiction. Any resemblance to real people, places, or events are coincidental and unintentional.

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Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Beef Breakfast

Steak, a ground beef scramble, or an omelet, can provide a protein and energy boost at the start of the day.

While eggs technically belong under chicken, they are often eaten with other meats, including beef. Chickens can be raised in backyards for their eggs. It only takes a few hens, and a rooster isn't necessary for egg production. Of course, check with the local rules regarding chickens as pets and pest control.

Chickens make a great pest control service. Provide them with plenty of bugs to eat, and they'll lay an egg a day in warmer weather.

Scrambled burger can be prepared in advance and frozen to be used in recipes. When precooked, it cuts the thaw and cook portion of the recipes down. For the beef bits meal, steak, or roast, can be sliced and even marinated, the night before.

After eggs have been cooked, they usually reheat best with a bit of water, and in the microwave. Even with meat and vegetables added, they don't heat as well on the stove.

Beef and Egg Scramble

I've eaten this for breakfast or dinner. It can be delicious by itself or with a whole bunch of other goodies thrown in. An excellent high protein meal for those recovering from illness or traveling. Beef and eggs sounds so simple and ready for a farm like atmosphere. With the windows open, and birds singing, you can almost feel the pull of the season of growth as spring begins. A light meal, just enough to awaken the body, and not sit heavy enough to require a nap before physical or mental exertion. Onions and mushroom add liquid to the meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored wooden spoons

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:

Beef burger, or,
Turkey burger
6 eggs

Vegetables:

Optional:

15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of mushrooms
15 ounces of onions

Other ingredients:

Dash of salt
Spices such as pepper to taste

Preparation time: 10 to 15 minutes

Preparation:

1. Chop optional vegetables, if used.
15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of mushrooms
15 ounces of onions
2. Mix ingredients in a bowl.
You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 5 minutes.**

Add your oven time here: _____.

Beef and Egg Scramble with Mushrooms and Onions

Beef and eggs with mushrooms and onions is a delightful dish. This adds a little vegetable to a mostly protein meal. A breakfast worthy of preparation for while planning the year's garden. Growing onions shouldn't be too difficult, except for the fact that they tend to mix with wild onions and might not taste as good. Whether too strong, or too weak, can vary. Chop onions and freeze them in plastic bags. Break off as much as you need at any time by gently banging the bag on the counter. Onion ice cubes make a great way to cool soups as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs
Turkey
Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
6 eggs

Vegetables:

1/4 cup of mushrooms
1/4 cup of onions

Optional:

1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn
1/4 cup of peas

Other ingredients:

Dash of salt
Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:

1. Chop:

1/4 cup of mushrooms
1/4 cup of onions

Optional:

1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn

1/4 cup of peas

2. Mix all ingredients in a bowl.

You may need additional eggs for additional ingredients.

3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Beef and Egg Scramble with Ham

Beef, eggs, and ham, the ultimate three species meal. I always imagine this as a late fall dish that a farmer's wife would fix just before, or the morning of, butchering this year's hog and calf. Beef and egg scramble with ham uses the left over bits of pork and beef with the last of the summer eggs. With a taste of delight, and hope for the future, this meal brings together the past, present, and future calmly before the eater. Dreaming of the fresh meat for dinner, and in the coming days, will hurry the meal along.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Chicken

Eggs

Mushrooms

Pepper

Pork (ham)

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Ham

Turkey

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:

- Beef burger, or
- Turkey burger
- 6 eggs
- 1/2 cup chopped ham

Vegetables:**Optional:**

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 4 ounces of mushrooms
- 1/2 cup of chopped onions
- 15 ounces of peas

Other ingredients:

- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:**1. Chop:**

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 4 ounces of mushrooms
- 1/2 cup of chopped onions
- 15 ounces of peas

2. Chop 1/2 cup of ham.**3. Mix ingredients in a bowl.**

You may need additional eggs for additional ingredients.

4. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 5 minutes.**

Add your oven time here: _____.

Beef and Egg Scramble with Sausage and Onions

While it is possible to use previously cooked beef and sausage, and freshen it up with eggs and onions, this dish brings back memories of a farm kitchen scene. Did it ever really exist? Beef, egg, sausage, and onions fresh from the day after butchering the cow meal. New beef, a few eggs, and the fat from the sausage added to dried, or frozen, onions bring out a hope for a warm and cozy winter by the fireplace and popping popcorn. A delightful breakfast, or dinner, to eat while reading a book, while icy rain drizzles down frozen window panes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Chicken

Eggs

Mushrooms

Pepper

Spices

Sausage (spice or gluten)

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Sausage

Turkey

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:**Meat: Choose 2 pounds of:**

- Beef burger or
- Turkey burger
- 6 eggs
- 1 pound of sausage

Vegetables:

- 1/2 cup of chopped onions

Optional:

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas
- 4 ounces of mushrooms

Other ingredients:

- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:**1. Chop:**

- 1/2 cup of chopped onions

Optional:

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas
- 4 ounces of mushrooms

2. Mix ingredients in a bowl.
You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Beef Bits, Egg, Mushrooms, and Onions Scramble

This dish uses bits of beef, rather than ground beef, creating a harsher texture. Prepare the meat the night before, to allow the chopped beef bits to marinate in the egg batter, making them softer and easier to chew. A change of pace from the daily egg fare, it lends itself to an accompaniment of vegetables. Bits of broccoli, corn, peas, and carrots add a magnitude of texture, color, and flavor for days when plainer scrambles seem dull. Use a contrasting color chopping board. Various left over steaks can be used, even those that have had barbecue sauce on them.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Beef
- Butter (lactose)
- Chicken
- Eggs
- Mushrooms
- Onions
- Pepper
- Spices
- Turkey

Meatless Preparation Avoid:**Beef****Butter****Substitute with: _____****Utensils:****Chopping board****Fork****Paring knife****Spatula****Spoon****Pan: 8 inch frying pan****Ingredients:****Meat: Choose 2 pounds of:****Cubed steak****Flank steak****Skirt steak****Stew beef, or****Stir fry beef****6 eggs****Vegetables:****4 ounces of mushrooms****1/2 cup of chopped onions****Optional:****15 ounces of broccoli****15 ounces of carrots****15 ounces of corn****15 ounces of peas****Other ingredients:****Dash of salt****Spices such as pepper, to taste****Preparation time: 10 to 15 minutes****Preparation:****1. Chop:****4 ounces of mushrooms****1/2 cup of chopped onions**

Optional:

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas

2. Chop choice of meat into bite size pieces.
3. Mix ingredients in a bowl.
You may need additional eggs for additional ingredients.
4. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Pork Breakfasts

Many people do not think about eating pork for breakfast, other than as sausage and bacon. Some restaurants serve pork chops, usually with gluten gravy. Eating out gluten free, especially for breakfast, a typical high grain meal, can be difficult. Below are seven pork breakfasts that are gluten free, and the meat can be prepared the night before using ham, steaks, or chops. Instead of saving all the extra servings for lunches and dinners, take a serving (or a half a serving if you don't eat much early) and chop it into bite sized pieces before you store it in the fridge.

Sausage and bacon tend to have a bad reputation as a greasy breakfast food. They can be cooked in ways that reduce the grease. Chops, steaks, and ham are can be baked in ways that do not make them as greasy. A little fat in the morning to get you going can be healthy. Especially in cold weather, to maintain, or increase body weight, mass, and strength. Extra fat can be patted off.

Bacon and Scrambled Eggs *

*** Microwave instructions below servings.**

Bacon and eggs is often the first dish many teens, or preteens, try to cook on the stove. I didn't learn to cook eggs and bacon on the stove. I learned on a griddle while working in fast food restaurants. I'd like one of those egg rings to make the perfect shape, or a fried egg. I scramble eggs in the microwave, no problem, no mess. On the stove? I lose half the eggs to a burned conglomerate on the bottom of the pan. My preferred cooking method is on the griddle, beside the sausage, bacon, and gluten free pancakes.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw in fridge the night before**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Stay with meal to stir frequently**

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down**
- Frozen or canned vegetables can be used**
- Long oven mitts and oven rack puller**
- Sit on a stool while stirring**

Visual Accommodations:

- Colored chopping boards**

Potential Food Allergy or Intolerance:

- Butter (lactose)**
- Cheese (lactose)**
- Chicken**
- Eggs**
- Mushrooms**
- Onions**
- Pepper**
- Potatoes**
- Spices**

Meatless Preparation Avoid:**Bacon****Butter****Cheese****Eggs****Substitute with: _____****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: Electric griddle****Ingredients:****Meat:****4 pieces of bacon****5 eggs****Vegetables:****15 ounces of potatoes****Optional:****1/4 cup of onions****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Optional:****Cheese****Preparation time: 10 minutes****Preparation:**

- 1. Scramble 5 eggs in a bowl.**
- 2. Add cheese and onions, if desired.**
- 3. Place griddle on safe surface from fire hazards and set temperature to medium, or 350 degrees.**
- 4. Arrange bacon around the bottom of the griddle. Allow to cook to 3/4 done.**
- 5. Pour eggs on carefully, and slowly. Use a griddle safe spatula to turn the eggs frequently.**

Cook Temperature: Medium or 350 degrees depending on how the griddle is set up

Cook Time: About 20 minutes

Servings: 2

*** Microwave Preparation:**

1. Cook bacon on a microwave safe plate, covered by a paper towel until done. Set aside, still covered to keep warm.
2. Stir and scramble eggs in a microwave safe bowl with a toothpick. Add onions and cheese, if desired. Cover with a paper towel, tucking it under the bowl.
3. Cook for 1 minute and 20 seconds. (Adjust time based on microwave.)
4. Stir with a toothpick. If raw eggs are visible, cover and heat again for 30 seconds until done.

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Breakfast Steaks

Back when people lived on farms and raised their food, a full breakfast was vital. Of course, it wasn't as soon as they rolled out of bed. While some members of the family stumbled through dawn, or predawn chores, another one or two people would be in the kitchen cooking up a meal that would serve as both breakfast and a light lunch. An hour or two after waking, the family members doing animal feeding chores would stumble into the kitchen with rumbling stomachs to pork chops, steaks, and potatoes. They'd carry leftovers with them to snack on throughout the day.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: _____

Utensils:

Chopping Board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:**Meat:**

Pork chops

Steaks

Vegetables:

Fried potatoes

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chops or steaks in 2.5 quart oven safe oblong pan with lid.
2. Add enough water to cover the bottom of the pan.
3. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Depends on thickness

Small ones: about 30 minutes

Thick ones: an hour

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.

Griddle Breakfast Steaks

Breakfast on the griddle makes quick and easy cleanup. With the griddle on the kitchen table, food is flipped directly onto the plates as it is done. Pork chops and steaks cooked on the table top grill have a special flavor that encourages the appetite. Easy to cook, easy to clean up, and disposes of most of the grease in an attached drip pan. Fried potatoes can be prepared beside them. Other items such as bacon, eggs, or sliced fruit can be cooked at the same time. Verify they are fully cooked before eating. No need to wash multiple pans.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours, or thaw the night before
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Pepper
- Potatoes
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Pork

Substitute with: _____

Utensils:

Chopping board
Fork
Grill safe spatula
Paring knife
Pot holders
Spoon
Pan: Table top grill

Ingredients:**Meat:**

Pork chops, or
Steaks

Vegetables:

Fried potatoes

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chops or steaks on griddle.
2. Stay with the griddle to flip regularly.

Cook Temperature: 350 degrees

Cook Time: 20 to 30 minutes

Servings: 1 chop, or steak, per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham and Eggs

Ham and eggs is a classic dish. Eggs can be dyed green in honor of St. Patrick's Day. Doesn't add to the appeal, or the flavor. Ham slices can be smothered in fried or scrambled eggs and covered in gravy or syrup. Other people like to chop the ham and mix it in the eggs, for a delicious mix to place in a burrito shell. Since most soft shells are not gluten free, this recipe will cover a basic omelet that would be suitable for a shell. Ham and eggs can be eaten alone or as part of a larger meal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Cheese (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:**Butter****Cheese****Pork****Substitute with: _____****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan:****8 inch frying pan, or****Electric griddle****Ingredients:****Meat:****Chopped ham****5 eggs****Vegetables:****Fried potatoes****Optional:****2 tablespoons of mushrooms****2 tablespoons of onions****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Optional:****2 tablespoons of cheese****Preparation time: 10 minutes**

Preparation:**1. Chop:****Ham****Optional:****2 tablespoons of mushrooms****2 tablespoons of onions****2. Add oil if cooking on the stove.****3. Scramble eggs with:****Ham****Dash of salt****Spices, such as pepper, to taste****Optional:****2 tablespoons of cheese****2 tablespoons of mushrooms****2 tablespoons of onions****4. Cook on medium heat****Or at 350 degrees on the electric griddle.****Cook Temperature:****On stove: medium heat****On electric griddle: 350 degrees****Cook Time: 15 to 20 minutes****Servings: 2****Storage Solutions: Square containers in individual servings with or without vegetables****Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer****Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources****Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham on Rice

A mixture of ham and grains is delicious for those who can still have them. Ham and rice can be a quick perk up meal either using fresh ingredients or leftovers. Ham and rice is another one of those meals that can be prepared for sick dogs and cats, with your veterinarian's permission, of course. To add flavor and texture, add a little beef or pork stock. It's a good way to get animals who have lost interest in eating to eat. Adding a few peas and carrots can also add nutrition. Some animals will eat medication in food mixes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef stock (gluten)

Butter (lactose)

Mushrooms

Onions

Pepper

Pork

Pork Stock (gluten)

Rice

Spices

Meatless Preparation Avoid:

Beef stock

Butter

Pork

Pork stock

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan:

8 inch frying pan for ham, and

2 quart sauce pan for the rice

Ingredients:**Meat:**

Ham

Optional:

1 cup of beef stock, or

1 cup of pork stock

Vegetables:

7.5 ounces of carrots

7.5 ounces of peas

Other ingredients:

1 cup uncooked rice

1 teaspoon of butter

Dash of salt

Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:**Meat:**

1. Chop ham.
 2. Fry in 8 inch frying pan with:
 - 7.5 ounces of carrots
 - 7.5 ounces of peas
- Optionally:
- 1 cup of beef stock, or
 - 1 cup of pork stock

Rice:

1. Boil water in 2 quart sauce pan for the rice.
2. Cook rice until done.

Combine:

1. Place rice on the plate.
2. Cover with ham and vegetables.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham, Onions, and Mushrooms

Ham, onions, and mushrooms, while a delicious meal for people, is not safe for animals. Onions in large quantities have been known to kill dogs. And yes, sometimes dogs get a fingernail sized piece and it probably won't kill a healthy large dog. However, don't encourage them to eat onions, including those growing in the yard. Mushrooms may not be safe for pets either. This is a quick protein and spice filled breakfast to begin a busy day. Treat this dish as a stir fry. In some cases, it can be left to simmer while preparing the day's lunch a few feet away.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Beef stock (gluten)
- Butter (lactose)
- Chicken
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Pork Stock
- Spices

Meatless Preparation Avoid:**Beef stock****Butter****Pork****Pork stock****Substitute with: _____****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: 9 inch frying pan****Ingredients:****Meat:****Ham****Optional:****1 cup of beef stock, or****1 cup of pork stock****Vegetables:****7.5 ounces of carrots****1/4 cup of mushrooms****1/2 cup of onions****7.5 ounces of peas****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Preparation time: 15 minutes**

Preparation:**1. Dice:****Ham****1/4 cup of mushrooms****1/2 cup of onions****2. Add to 9 inch frying pan:****Ham****7.5 ounces of carrots****1/4 cup of mushrooms****1/2 cup of onions****7.5 ounces of peas****Dash of salt****Spices, such as pepper, to taste****Optional:****1 cup of beef stock****1 cup of pork stock****1 cup of water****3. Bring to a boil.****4. Turn down to a simmer, stirring occasionally.****Cook Temperature: Medium to low****Cook Time: 15 to 20 minutes****Servings: 3****Storage Solutions: Square containers in individual servings with or without vegetables****Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer****Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources****Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Pork Chop Strips with Onions and Mushrooms

Pork chop strips with onions and mushrooms can be perfect for a low mobility day. This dish can incorporate leftovers, perhaps diced by a person with more mobility. Some days, it's important to take things as they really are that day and not push yourself too much. On those days, a stir fry for breakfast can be a perfect meal, full of antioxidants, vitamins, minerals, and needed fats. Caramelized onions and salty mushrooms enhance the appetite and encourage a productive day, and your strength may even improve later. Any leftovers will make a quick lunch or breakfast the following day.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before pieces sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Pork

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

1 cup of diced pork chop

Vegetables:

1/2 cup of chopped mushrooms
1/4 cup chopped onions

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:**1. Dice:**

1/4 cup of mushrooms
1/2 cup of onions
Pork chops.

2. Add to 9 inch frying pan:

1/4 cup of mushrooms
1/2 cup of onions
Pork chops
Dash of salt
Spices, such as pepper, to taste

3. Bring to a boil.**4. Turn down to a simmer, stirring occasionally.**

Cook Temperature: Medium to low

Cook Time: About 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.

Indoor Grilled Sausage, Eggs, and Bacon

Sausage, bacon, and eggs is a time honored classic. Two parts pork, and one part chicken. Interestingly, eggs are the only part of the chicken commonly eaten for breakfast in many American homes. Many people think eggs can only be fried on the stove. Frying is the quickest, messiest, and mostly likely to cause burns. Sausage and bacon can be oven baked. Fried or scrambled eggs can be cooked in the microwave. Use a table top grill to create less mess and for easier clean up. Egg rings keep the eggs from running into other food, or off the grill.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:**Bacon****Butter****Eggs****Chicken****Pork****Sausage****Turkey****Substitute with: _____****Utensils:****Chopping board****Fork****Grill safe spatula****Paring knife****Pot holders****Spoon****Pan: Table top grill****Ingredients:****Meat:****3 pieces of bacon****2 eggs****1 piece of sausage****Note: You can use turkey bacon and turkey sausage for less grease.****Vegetables:****Optional:****1/4 cup of mushrooms****1/4 cup of onions****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes**

Preparation:

1. Turn grill on to 350 degrees.
2. Add bacon and sausage.
3. Turn as needed with grill safe spatula.
4. Cook until crispy.
5. Place on plate and cover.
6. Prepare scrambled eggs.
7. Either use an egg ring, or a heat safe spatula, to keep the eggs on the grill until done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Oven Baked Sausage, Eggs, and Bacon

Baking sausage, eggs, and bacon can be an excellent way to contain grease splatters, making clean up far easier. Baking bacon is also an excellent way to make sugar or honey flavored bacon. Place the bacon in an oven safe pan. Sprinkle brown sugar, or a teaspoon of honey over top, cover, and bake until the bacon is done. It will not be as crispy as stove top bacon. Oven baking is also less work on the arms because there is no stirring. Scrambled eggs will turn out more like a baked omelet. Directions for microwave scrambled eggs are included.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon

Butter

Chicken

Eggs

Sausage

Pork

Turkey

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: Oven safe bake ware

Ingredients:**Meat:**

12 slices of bacon

6 eggs

3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms

1/4 cup of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of brown sugar, or

2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Place bacon and sausage on a baking sheet at least a half inch high.
2. Place in oven at 350 degrees, until crispy.
Bacon may be done and still feel soft and flexible.
Note: Untested: scrambled eggs in an oven safe pan,
3. Or scramble the eggs in the microwave, stirring with a toothpick after a minute and 20 seconds to verify they are done.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Stove Top Sausage, Eggs, and Bacon

Stove top sausage, eggs, and bacon are the traditional way to prepare this high protein meal. It can be very messy, and dangerous in a noisy, busy household. Proper adaptive equipment can allow even those with low vision to prepare this on the stove top. Though, they may need to carefully verify all the grease is cleaned up after cooking. For a person with physical or visual limitations, oven baking or a table top grill may be easier to cook and clean up. If bacon, sausage, and eggs are cooked as a one pan meal, cook eggs last for food safety.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon

Butter

Chicken

Eggs

Sausage

Pork

Turkey

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 8 inch frying pan

Ingredients:**Meat:**

12 slices of bacon

6 eggs

3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms

1/4 cup of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of brown sugar, or

2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Use the same 8 inch frying pan to fry sausage and bacon individually.
2. Once done, place on a plate and cover.
3. Scramble eggs in the oil from the meats.

Cook Temperature: Medium to low

Cook Time: 20 to 25 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

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Thank you for reading Allergy Free Meat. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

Connect with Abby Brown

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